

# Adorni Center Aerobics



Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM		Sweat it Out Cat	Wake-up Cardio with Gayle	Sweat it Out Cat	Wake-up Cardio with Gayle	Sweat it Out Cat	
9:00 AM			Body Sculpt, Core & More Gayle		Body Sculpt, Core & More Gayle		Step Elizabeth
9:30 AM		Core Bonus Cat		Core Bonus Cat		Core Bonus Cat	
10:00 AM		Inspired Yogalates Micheale		Yoga for Stiff People Lorna	Ball Stretch & Alignment with Gayle	Yoga for Stiff People Lorna	Cardio Circuit starts in wt. room Micheale
10:30 AM			Power Walk & Cardio Weights Micheale 90 min				
11:00 AM		Light & Easy Aerobics Bonnie			Light & Easy Sculpt, Walk & Stretch w/Micheale	Light & Easy Aerobics Bonnie	Inspired Yogalates Micheale
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM			Basic Step Elizabeth		Basic Step Elizabeth		
5:30 PM		Kickboxing & Kettlebell Micheale	Camp Chizzel Body Sculpt Micheale	Kickboxing & Step Micheale	Camp Chizzel Body Sculpt Micheale	Kettlebell Boot Camp Micheale	
6:00 PM							
6:30 PM			Inspired Yogalates Micheale		Inspired Yogalates Micheale		
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							

***If you are  
injured, pregnant or  
attending class  
for the first time,  
please introduce yourself  
to the Instructor and  
make them aware of your  
circumstances.***

